

MARCH 2025

In & Around TRUIST PLAZA

Truist Plaza presents

ST. PATRICK'S DAY
SOCIAL

MONDAY, MARCH 17TH

4:30 - 6:30 PM
LOWER LOBBY

**Irish Style Food, Drink, &
Merriment!**

TRUIST PLAZA

BUILDING UPDATES:

Check out our complimentary
FITNESS CLASSES

Every Wednesday from 12pm-1pm

Reserve NOW at

[Building Events - Truist Plaza](#)

Fitness Center Reminder:

Lockers are only permitted while utilizing the fitness center facilities. No items should be kept over night. Management performs nightly sweeps and anything left over night is placed in the building's "Lost & Found."



CHAMPION

Auto Detailing LLC.

J Level of Parking Garage
Mon-Thurs
8am - 4pm

To schedule your appointment please call 770-404-9937

BUILDING EVENTS:



EMPLOYEE APPRECIATION DAY

PROUDLY PRESENTED TO :
Truist Plaza/Garden Tenants

Yard Games - Hot Dogs - Drink Stand

FRIDAY, MARCH 7TH.

12PM - 2PM

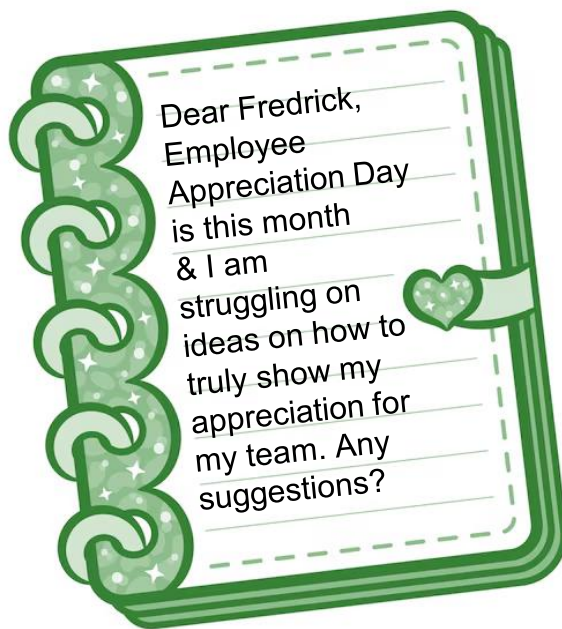
Truist Plaza Courtyard

BUILDING EVENTS:

CELEBRATE WOMEN'S HISTORY MONTH

Join us for a Wonder Women Expo in the Truist Plaza Food Court featuring female-founded businesses.

Thursday, March 13th
Food Court
11am-2pm



Caw! Great question – these days people want to feel more and more appreciated (especially being back in Truist Tower full time!). My method to show appreciation is the Strike, Swoop, Sharpen method. Hear me out:

1. STRIKE – Instant Gratification, people!! Immediate recognition for a job well done. Don't delay, make it swift. I've always found you can never tell someone how great they are too many times.
2. SWOOP – Swoop in with incentives. Performance bonuses, extra time off, random lunch for the team. Everyone responds well to a free pizza day.
3. SHARPEN – Much like myself, your ears are your most powerful tool. Listen to your people. Less talking. Show your people that THEIR voice is just as important as yours.

If you use the Strike, Swoop, Sharpen approach, I am confident your people will fly with you.

Have a question for Frederick? Submit here TPCS@PortmanHoldings.com

SAFETY

Day light savings time begins on Sunday, March 9th



Tips to Help Your Body Adjust to Daylight Saving Time

1. Three nights before DST, go to bed 15 or 20 minutes earlier each night.
2. Adjust the timing of other daily routines that are “time cues” for your body.
3. Set your clocks ahead 1 hour in the early evening before the change.
4. Slowly reduce the total amount of caffeine you consume.
5. Put your electronics away at least 1 hour before bedtime.



EAT LOCAL. SHOP LOCAL.

RETAIL SHOPS & SERVICES

OPERATING DAYS

OPERATING HOURS

Burgers & Friends	Mon-Fri	10AM-3PM
Big Kahuna	Mon-Fri; Sat	11:30AM-9PM; 4-9PM
Champion Auto Detailing	Tues-Wed	8:30AM-4PM
Curry Bowl	Mon-Fri	7AM - 3PM
Dunkin Donuts	Mon-Fri	7AM-1PM
Flaky Not Flaky	Mon-Fri	7AM-3PM
Fooda	Mon-Thurs	11:30AM-1:30PM
Garden Deli	Mon-Fri	8AM-3PM
Morton's The Steakhouse	Mon-Sun	4PM-9PM
Pacific Rim Bistro	Mon-Fri; Sat	11:30AM-2PM, 5-9PM
Touch of Motherly Love (Dry Cleaners)	Mon-Fri	10AM-4PM
Tower Lobby	Mon-Fri	8AM - 3PM

BIG KAHUNA

HAPPY HOUR SPECIAL:

Monday - Friday

4:30-6:30PM

\$9.99 *Select Appetizers*

\$9.99 *Select Cocktails*

\$9.99 *Select Wine*


\$4.99 *Select Beer*

Check out all offerings here:

[Big Kahuna HH Menu](#)



MARCH CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Mardi Gras “Fat Tuesday” 	5	6	7 Employee Appreciation Celebration 12-2 	8
9 Daylight Savings Time Begins 	10	11	12	13 Wonder Woman Expo 11am-2pm 	14 Lunar Eclipse 	15
16	17 St. Patrick's Day Social 4:30-6:30pm 	18	19	20 First Day of Spring 	21	22
23	24	25	26	27	28	29
30	31					

FROM THE TOP



Do you follow?

Check out all the latest happenings by following us on [Instagram](#)

MEET:

Kionna Rowland, Truist Plaza's Assistant Janitorial Project Manager



Kionna Rowland, Truist Plaza's Assistant Project Manager for our ABM janitorial staff, has been serving our property for 3 months. Below are a few fun questions we asked Kionna in our most recent spotlight interview:

What is one skill you would like to learn that is unrelated to your work? I would like to learn more about the Earth as well as the economy. I have always been interested in the Universe and how the stars align as well as how the economy is changing every single year.

What fictional family would you like to join & why? I would choose Moana's family because not only is she a warrior, but she fights for her community. She fights for unity and respect for her people. I feel like that is what we exude in our department and that's what I feel I do as a leader.

What is the last show you binged and would you recommend it? The last show I binged was Sweet Magnolia. I would recommend it because there is a little love, a little action, and everybody in your family can take something away. It will also make you cry!

Would you rather have every traffic light turn green or always have the best parking spot? Every traffic light turn green.

What is your least favorite chore? Folding clothes.

Podcasts or Playlists? Podcasts.

Text or Call? Call.

Last question, who is messier, men or women? Women!!

FAST FACTS:

- Before Julius Caesar's calendar reform, March was the first month of the year in the Roman calendar.
- March marks the arrival of the Spring Equinox – when day and night are roughly equal in length.
- A total lunar eclipse will occur at the Moon's descending node of orbit on Friday, March 14, 2025.
- Mardi Gras, a day of feasting and merriment before the Christian period of Lent, falls on Tuesday, March 4, 2025 ("Fat Tuesday").
- March is one of few months that has two birthstones associated with it: aquamarine and bloodstone.



MARCH HOLIDAYS

March 17

St. Patrick's Day
Building will be open